

RAKUEN TRANSLATIONS



TRANSLATOR:

/A/NONYMOUS

PROOFREADER:

/A/NONYMOUS

TYPESETTER:

PAPO41

CLEANER:

PAPO41

REDRAWER:

PAPO41

READING:
BATOTO

DOWNLOAD:

MEGA



RAKUEN TRANSLATIONS



IKEBUKUROTRANSLATIONS.
BLOGSPOT.PE

DEAR SUCCUBUS SISTER

WE ARE LOOKING TRANSLATORS FOR:



Author: Kadono Yu

RENGOKU NO KARMA



Author: Hirose Shun

RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED
ON HELPING US,
WRITE US ON OUR
FACEBOOK PAGE OR
CONTACT US AT OUR
BATOTO ACCOUNT
PAPO41



WE'RE ALSO RECRUITING TYPESETTERS,
REDRAWERS AND CLEANERS.

CHAPTER 4: STRETCHES





ダンベル
何キロ持てる?

PUBLIC
POOL

THE POOL
DIDN'T
EVEN
CROSS MY
MIND~

It's
great
for
therapy,
as well.

Swim-
ming is an
excellent
way to
train
every
muscle in
your body,
equally.

OHhh,
DIDN'T
THINK
ABOUT
THAT.

IT IS
ALSO A
VERY
POPUL-
LAR WAY
TO HELP
FOCUS
ON YOUR
PHYSI-
QUE.

I
LIED.
NOBODY
MIGHT'VE
NOTICED
YET,
BUT.....

MY SWIM-
SUIT'S
TIGHT!!!!!!

...AND
BESIDES...

IT'S A GOOD THING I
CAME TO THE POOL
SOONER THAN LATER...
I GOTTA BUY A NEW
SWIMSUIT.



.....THIS AKEMI,
YOU SERIOUSLY
HAVE SUCH A
NICE BODY.
EVEN THOUGH
WE'RE IN THE
SAME YEAR,
SHE FEELS LIKE
SHE'S IN A
PLACE I COULD
NEVER TOUCH...

STOP
MAKING
EVERY-
THING SO
PERVER-
TED!!!!

.....HEY,
HIBIKI,
DO YOU
THINK
OF ME
IN THAT
WAT?



OH,
THAT'S
ALL...

IF I KEEP
WORKING
HARD AT
THE GYM,
DO YOU THINK
I COULD EVER
LOOK LIKE
YOU,
AKEMI?

GEEZ...
I WAS JUST
THINKING ABOUT
HOW YOU'VE GOT
PRETTY MUCH
THE IDEAL BODY,
WHEN I LOOKED
AGAIN.

THEIR
PHYSI-
QUE?

LOOKING AT
SOMEONE'S
PHYSIQUE,
IT CAN TELL YOU
A LOT ABOUT A
PERSON AND
WHAT THEY DO.

HAVE
YOU
EVER
NOTI-
CED?

NO,
I'M NOT
TRYING
TO LOOK
MACHO.

SO,
LET'S
KEEP
WORKING
TOGETHER
TO
BECOME
MACHO!

BUT,
I'M STILL A
LONG WAY
FROM BEING
SATISFIED
WITH MY
MUSCLES' DEVEL-
OPMENT.

SE-
RIOUS-
LY!!!?

ABSOLUTELY,
LIKE THAT
GIRL THERE,
SHE IS VERY
LIKELY A
COMPETITIVE
CYCLIST.

.....
HM?

I GET IT,
FROM
HER LEG
MUS-
CLES.

HER
LEG
MUS-
CLES
ARE PARTI-
CULARLY
WELL-
DEVELOPED,
RIGHT?
THAT'S A
TRAIT OF
CYCLISTS.

VERY
INTUITIVE.
THAT'S
SOMETHING
TO CON-
SIDER,
AS WELL.

DON'T
SKATERS
HAVE
AMAZING
LEG MUS-
CLES,
TOO?

HANG
ON.



I...
I SEE.

COMPE-
TITIVE
CYCLING
GEAR
LEAVES
EXACTLY
THAT
KIND OF
SUN TAN.

LOOK
SHE'S
TANNED
ONLY FROM
THE THIGHS
DOWNWARD,
RIGHT?



SHE'S
TRAINING TO
KEEP A TRIM
BUILD, SO SHE
COMPETES IN
A SPORT WITH
WEIGHT
CLASSES.
SINCE HER
WRISTS ARE
PROMINENT,
I THINK SHE
DOES
KARATE
INSTEAD OF
BOXING.

HOW
'BOUT
THAT
SUPER
FIT GIRL,
THERE?



SO?
IT'S
INTER-
ESTING,
ISN'T
IT?

YOU CAN
TELL SO
MUCH JUST
BY LOO-
KING AT
THEIR
BODY.

THAT'S
.....
THAT'S
AMA-
ZING!



LET'S
TRY IT
ON A
FEW
MORE!

.....YEAH!
IT
ACTUA-
LLY IS!!



HER MUSCLES ARE
EXTRAORDINARY.
ESPECIALLY THOSE
ON HER BACK AND
SHOULDERS,
SHE LIKELY
COMPETES BY
"PULLING"...
SHE COULD BE AN
EXPERIENCED JUDOKA
OR WRESTLER.

ALRIGHT,
HOW ABOUT
THAT VERY
COMPOSED-
LOOKING
WOMAN?



IT MAKES
ME WANT
TO TRY
EVEN
HARDER
SO I DON'T
LOSE TO
THEM!

MAAAAN,
BUT HEARING
THAT AND
SEEING THOSE
TONED BODIES,
I JUST GET
REALLY
MOTIVATED.



THEY'RE
MOSTLY
SIMPLE
PREDIC-
TIONS AND
GUESSES,
I CAN CER-
TAINLY BE
WRONG,
TOO.
A detec-
tive...

...YOU'RE
INCREDI-
BLE,
AKEMI.
YOU COULD
BE A
DETECTIVE
IN THE
FUTURE.



STOP
RIGHT
THE
RE!!!

First, gotta remem-
ber to stretch...

Let's
hurry up
and get
in the
pool!

END
THOSE
STRET-
CHES
NOW!!!!



HUH?

DO YOU
KNOW OF THE
PURPOSE
BEHIND
STRETCHING?

HIBIKI
...

...WHAT'S
WRONG,
AKEMI?
Did you just
totally get
off-character?



.....HIBIKI.
I'M AFRAID
YOUR
KNOWLEDGE
IS HORRIBLY
MISGUIDED.

WHAT FOR...
I MEAN,
THAT'S IT, YEAH?
STRETCHING
MUSCLES,
MAKE THEM
ALL LOOSE

SO WE
DON'T
INJURE
OUR-
SELVES
DURING
EXERCISE,
RIGHT?



HUUH!!!?

ON THE
CONTRARY,
THAT IS
WHAT
CAUSES
INJURY.

IT IS
ENTIRELY
FOOLISH
TO STRETCH
BEFORE
EXERCIS-
ING.

ACCORDING
TO THE
UNIVERSITY
OF ZAGREB
IN CROA-
TIA...

MOREOVER,
STRETCHING
IS LINKED
WITH A
DECLINE IN
PERFOR-
MANCE.

FOR
REAL?

IF YOU ATTEMPT
TO STRETCH
BEFORE YOUR
BODY IS
WARMED UP,
IT MAY CAUSE
TENDONS TO
SNAP OR HARM
THOSE MUSCLES
INSTEAD.

SO, BY
STRET-
CHING,
YOU'RE
ACTUALLY
GETTING
STIFF!?

"WHEN PERFORMING
STRETCHES 45
SECONDS PRIOR TO
EXERCISE, A MUSCLE'S
CONTRACTION POWER
GOES DOWN AN
AVERAGE 5.5% AND
OVERALL EXPLOSIVE-
NESS OR JUMPING
STRENGTH
DECREASES
BY 3%."

DOES THAT
MEAN WE
SHOULDN'T
DO ANYTHING
BEFORE
EXERCISING,
INSTEAD?

OH
MAN...

THAT'S TRUE...
THERE ARE
STILL MANY
PEOPLE WHO
DON'T UNDER-
STAND THE
EFFECTS OF
PREEMPTIVE
STRETCHES.

BUT JUST
ABOUT
EVERYONE
STRETCHES
BEFORE THEY
WORKOUT,
EVEN IN
THE GYM!

D...
DYNAMIC
STRET-
CHES?

NOT AT ALL.
INSTEAD
WE DO
DYNAMIC
STRETCHES
BEFORE OUR
WORKOUT.



Side-Bends (Sides)



Shoulder Rotations
(Inward Rotation, Outward Rotation)



**AKEMI
APPROVED
DYNAMIC
STRETCHES**

Toe Touches (Hamstring)

*Swing your leg up. Keep it straight.



Shoulder Blades



*Bend your elbows same shoulder rotation.



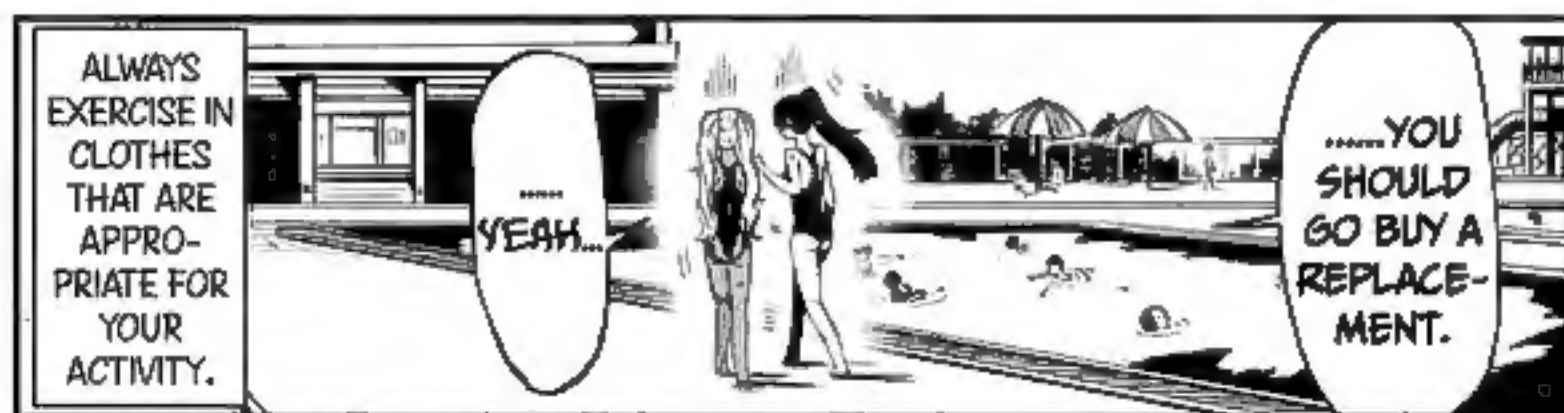
Pectoralis Major
*Push your chest forward with your arms back.





MY
SWIM-
SUIT
JUST
SPLIT.

...So-
rry.



ALWAYS
EXERCISE IN
CLOTHES
THAT ARE
APPRO-
PRIATE FOR
YOUR
ACTIVITY.

.....
YEAH...

.....YOU
SHOULD
GO BUY A
REPLACE-
MENT.

REPLAY

